Meals
for
Day-School Children
Including Packed Dinners

Price 3d.

FOOD EDUCATION SOCIETY
29-30 Gordon Square, London, W.C.1

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"MANY believe that the full application of recently-acquired knowledge of the effect of food on health will lead to a reduction of disease and an improvement in health and physique, which will be as important for human welfare as the application of sanitation in the nineteenth century."

SIR JOHN BOYD ORR, D.S.O., M.C., M.A., D.Sc., F.R.S., Director Imperial Bureau of Animal Nutrition, Aberdeen.

"WE were beginning to realize that what used to be called the frills and fads of education—arts and crafts, physical exercise and so on—were necessary items in the educational programme. The midday meal was an essential part of the school system. By far the most important single factor in physical education was nutrition, because the feeding of a child was an art and a process in education—not simply a matter of putting food into the child."

DR. R. H. CROWLEY, formerly Senior Inspector Medical Officer, Board of Education for England and Wales.

No. 37 *Fifteenth thousand*

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[ca. 1937]

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SOME OPINIONS

Dr. G. E. Friend, Medical Officer, Christ's Hospital, author of "The Schoolboy". "I am in full accord with all you have set out."

Dr. James B. Coltman. "I heartily agree with your endeavours, which have filled me with new interest."

Dr. Francis C. Kelly, Deputy-Director, Imperial Bureau of Animal Nutrition. "I have read it through hurriedly and it seems a very useful document."

Mrs. C. R. Radford, late Hon. Secretary, Malvern Infant Welfare Centre. "It is just what I have been asking for. I am so glad you are doing this."

Mrs. May Tennant, C.H. "I hope it will have a giant circulation."

Miss Eleanor Rathbone, M.P. "I have read it with interest."

Sister Cooper. "This will fill a long-felt want. I shall be glad to recommend it."

Nurse Mackay. "It seems excellent. I am particularly glad to see that the muesli is included, as this dish should be widely known."

Miss Barbara Weatherley, County Secretary, Shropshire Federation of Women's Institutes. "I suppose you are not thinking of publishing a pamphlet of ideas for packed meals for school children and for workers? So many of our members have to pack such and do need guidance." The same (after reading draft.) "I have read it with great interest. It should have a good sale through the Women's Institutes."

Miss D. Christian Moore, Principal The School of Cookery, Hastings, author of "Dietaries for Secondary Schools", and War-time demonstrator, Food Education Society. "It is very good."

Miss Edith Parker, late housekeeper, Channing House School, and War-time demonstrator, Food Education Society. "It seems very good, especially the notes."

The Rev. J. C. Pringle, Secretary, Charity Organization Society. "It will be of the greatest use to our Medical Advisory Sub-Committee."

C. N. Peacock, Dental Surgeon. "On the whole it is most valuable."

INTRODUCTION

Good food is the best means of ensuring good health. In this booklet an attempt is made to show mothers how—at no great cost and without much labour to themselves—they may provide it for their children. The child well-nourished is endowed with wealth, for " he who has good health is rich ".

All good wishes for the success of the booklet.

R. McCARRISON,

(Major-General, C.I.E., D.Sc., M.D., L.L.D., F.R.C.P.)

1st January, 1936.

NOTES

N.B.—*Those seeking fuller information will find it in the publications referred to.*

1. Always remember that how we eat and drink is very important. The child who bolts its food, or swills it down with water or other liquid, will not secure anything like the same food value which the slow eater and dry feeder obtains. (See " Aids to Fitness ", 2d.)

2. Children should be trained to sip, *not* gulp, plenty of water at least half an hour *before* each meal and especially on rising. Opportunities of quenching their thirst should be given to them as freely as to cats and dogs. (See " A Good Word for Water ", 3d.)

Tea should never be given to children. (See " Over the Tea Cups ", 3d.)

3. A child's preference for raw vegetables and fruit as against cooked is a natural one and in harmony with modern scientific discoveries. This preference should be encouraged. (See also Note No. 10, and Recipe No. 3, p. 17.)

4. When cooking fruit do not add much sugar. It is wiser to sweeten the fruit at table with honey, a little of which goes a long way. For the same reasons honey should be preferred to jam or marmalade, more than half of which is sugar. To sprinkle sugar over porridge, puddings, cakes, buns, etc., is a mistake : likewise to add much of it to liquids. All the sugar needed by the body is obtained through the mastication of starchy food, from honey and from raw ripe or dried fruit. Children should be encouraged to spend their pocket-money upon fruit instead of upon sweets and never to eat sweets

between meals or before going to bed. (See " Sugar : Why Worry About It ? " 3d., and " Honey versus Other Forms of Sugar ", 3d.)

5. Make sure that children get enough body-building and tissue-repairing food material, sufficient fat and lots of raw fruit, salad and vegetables. There is no need to bother about the supply of starchy food. (For reliable information about the various kinds of food, see " The Ten Golden Rules of Food and Drink ", 3d. It is posted in doctors' surgeries, Infant Welfare Centres, and should be displayed in every kitchen.)

6. Children are more likely to grow up strong and healthy when they are fed upon bread made from wholemeal flour—not upon so-called " brown bread ", or white bread. " Eat less, or little, white bread " is a capital slogan. Crust, thin dry toast, or " scrunch " (stale bread cut in thin slices and dried in a slow oven) are much better for children's teeth and digestion than bread, whether cut thin or in chunks. Ask your baker to make " scrunch " out of the stale loaves left over. It should be brittle, not hard. Children love it. (See " Bread and Its Place in Diet ", 1d.)

7. Meals should never be ended with bread and jam, bread and marmalade, or bread and honey, because these combinations cause the teeth to decay. Correct ways of finishing a meal are with raw fruit, vegetable, or salad, crust or "scrunch". All of these act as Dame Nature's tooth-brush and leave the mouth clean and fresh, as children discover when rambling.

8. Raw salad or ripe juicy fruit (bananas only ripe and with whole skin) or dried fruit is much better for children than milk puddings. This plan has been adopted in many homes to the delight of the children. It also saves a considerable amount of cooking, as of time. Suet puddings may be served twice a week in cool weather. (See "Puddings and Porridge", 3d., and "Children's Diet", 3d.)

9. The nutriment in meat is often largely destroyed by over-cooking.

10. Vegetables should be steamed or cooked in very little water, none of which should be thrown away, but saved for soups, sauces, or "vegetable cocktails". Never use soda in cooking them.

Potatoes should be cooked and eaten in their skins. If to be eaten peeled, boiling in their skins is less wasteful. The

addition of a little butter or margarine is an improvement. (See " Vegetable and Salad Dishes ", 3d., and " Vegetables ", 3d.)

11. A garden or allotment is a great economy. It also ensures supplies of *fresh* vegetables, salad and fruit.

12. All vegetables and salad should be soaked for half an hour in salt water and then well washed in running water. Raw fruit should be rinsed and washed. Dried fruits if eaten raw, should be well scalded. To serve unfired, place in jar and just cover with water and a lid : soak at least six hours. They are more valuable if uncooked.

13. Cheese should preferably be grated, especially in the case of young children. Ripe cheese should be avoided. Cottage (curd) cheese is good. (See Recipe No. 6, p. 19.)

14. Salt is not a necessary or desirable addition to food (our bread, butter, and margarine contain as much as the body requires) and parents and teachers are not doing a kindness when they press it upon children. This remark is still more applicable to mustard, pepper, vinegar, as well as to bought sauces and pickles. All are irritants to the delicate lining of the stomach. Lemon is an excellent substitute for vinegar, which should never be

given to children. (See " Salt and Other Condiments ", 1d., and " The Prevention, During Childhood, of Diseases in Later Life ", 3d.)

15. Barley water is a cheap, wholesome and refreshing drink, with or without lemon juice. (See Recipe No. 1, p. 17.)

16. The mid-day meal, when possible, to be the chief meal, especially for younger children. A brief rest, before no less than after, is desirable.

PACKED MEALS

To obtain full value and enjoyment from meals eaten several hours after they have been prepared, special attention must be paid to their appetizing appearance and packing. A small fibre case may be had for a few pence. This should be lined with a loose piece of white cotton, or American cloth. Grease-proof paper will ensure that the food shall remain clean and moist. Paper serviettes will more than pay for themselves by protecting the clothes from stains, quite apart from their educational value.

SPECIMEN MEALS FOR A WEEK

The general aim of this little book is to help the intelligent and thrifty mother to improve the diet of her children and incidentally, it is hoped, of her whole family, *without increasing the expense;* indeed, this may actually be reduced. (Apart from expenditure on food, the cost of cooking will anyhow be materially diminished.) The object, in other words, is to assist the harassed housewife to lay out the small amount usually available for food to the best advantage. The meals are planned in accordance with up-to-date scientific knowledge of nutrition. If they are conscientiously followed, especially in the matter of raw food, milk products (cheese, butter and cream) and wholemeal bread, there will be no need to worry about vitamins or calories.

MONDAY.

Breakfast.

Thick oatmeal porridge,* eaten with dry "scrunch", very little milk and sugar. Honey may be used instead.

* During winter months only.

Wholemeal bread with butter, margarine[1] or home dripping.[2]

Raw apple or other raw fruit.

Dinner at Home.

Vegetable stew (Recipe No. 17, p. 24).

Jacket potatoes, with butter or margarine.

Dried figs or raisins.

Dinner to take to School.

Two or three medium-sliced sandwiches of wholemeal bread buttered and filled with lettuce or watercress and remains of cold meat, or grated cheese.

Orange.

Tea—Supper.

Salad of grated or thinly-sliced raw carrot, and watercress, or mustard and cress, or lettuce.

Wholemeal bread and butter or margarine.

[1] A good margarine is better than inferior butter.

[2] Home dripping is a valuable substitute for butter or margarine.

TUESDAY.

Breakfast.

Coddled eggs (Recipe No. 4, p. 18).

Wholemeal bread and butter or margarine with honey, watercress or lettuce.

Dinner at Home.

Rabbit stewed with vegetables.

Jacket potatoes with butter or margarine.

Onions (steamed or cooked in oven with little water and fat).

Raw fruit, juicy or dried.

Dinner to take to School.

Crust or medium-sliced wholemeal bread buttered. Cover with grated raw carrot.

1-2 oz. thin-sliced or grated cheese.

Raw fruit, juicy or dried.

Tea—Supper.

Salad of heart of raw cabbage finely chopped and beetroot.

Herring (Recipe No. 7, p. 19).

"Scrunch" or wholemeal bread and butter or margarine.

WEDNESDAY.

Breakfast.

Bread fried in dripping with tomatoes.
Wholemeal bread and butter or margarine.
Soaked raisins, figs, apples, prunes, or other dried fruits.

Dinner at Home.

Vegetable hot-pot (Recipe No. 15, p. 23).
Baked or steamed suet pudding.
Orange or lettuce.

Dinner to take to School.

Lentil turnover or Cornish pasty (made the previous day).
Wholemeal crust or "scrunch" with butter or margarine.
Orange or lettuce.

Tea—Supper.

Cottage or cream cheese.
Wholemeal bread and butter or margarine.
Raw salad or fruit.

THURSDAY.

Breakfast.

Scrambled (or buttered) egg.

Wholemeal toast (thin) or bread and butter or margarine.

Small apple.

Dinner at Home.

Rice and cheese (Recipe No. 11, p. 21).

Cabbage (Recipe No. 3, p. 17).

Jacket potatoes.

Watercress or mustard and cress or lettuce, radish or celery.

Dinner to take to School.

Piece of cheese.

Wholemeal crust or "scrunch" with butter or margarine.

Watercress or mustard and cress or lettuce, radish or celery.

Tea—Supper.

Vegetable soup (Recipe No. 16, p. 23).

Wholemeal bread and butter or margarine.

Dried fruit.

FRIDAY.

Breakfast.

Wholemeal bread and butter or margarine with honey.

Small raw apple or carrot.

Dinner at Home.

Herring or other fish.
Crusty wholemeal bread or " scrunch ".
Turnips or marrow (cooked in skin).
Raw tomato or dates.

Dinner to take to School.

Hard-boiled egg.
Raw tomato or dates.
Crusty wholemeal bread or " scrunch ".
Onion (Spring or grated).

Tea—Supper.

Herring roes (for children out to dinner).
Bread and cheese savoury (Recipe No. 2, p. 17) for the others.
Lettuce or watercress.

SATURDAY.

Breakfast.

Oatcakes (Recipe No. 10, p. 21) or wholemeal bread, with butter or margarine.
Small apple.

Dinner at Home.

Joint.
Roast potatoes in jackets.
Swedes or parsnips (steamed or cooked in oven).
Raw fruit.

Tea—Supper.

Watercress or lettuce.
Raw tomato or celery.
Grated cheese.
Wholemeal bread and butter or margarine.

SUNDAY.

Breakfast.

Wholemeal crusty bread and butter or margarine.
Muesli (fruit porridge. Recipe No. 9, p. 19).

Dinner.

Cold joint.
Jacket potatoes.
Heart of raw cabbage finely chopped as salad.
Suet pudding made with raisins or currants (steamed or baked).
Raw fruit.

Tea—Supper.

Raw tomatoes.
Grated onions.
Thin sliced cheese.
Wholemeal bread or Wholemeal Sultana scones, or Rock cakes (Recipe No. 12, p. 21)
Butter or margarine.

RECIPES

Each dish is enough for four Children.

1. BARLEY WATER.

To make one pint, take one dessert spoon of Robinson's Prepared Barley, mix into a paste with a little cold water, pour into a pint of boiling water, stirring at first, then leave to boil for five minutes. The barley may be used for soups or stews.

2. BREAD AND CHEESE SAVOURY.

4 oz. bread. 6 oz. cheese.
3 oz. butter or margarine. ½ pint milk.
1 egg.

Cut bread into slices, or dice. Butter them and lay in pie dish with grated or sliced cheese in between. Beat egg in milk. Pour over, bake about ½ hour.

3. CABBAGE.

Wash thoroughly in well-salted water, but do not leave to soak for more than half an hour. Cut up in quarters. Put into 1 pint boiling water. Boil one minute with lid on. Pour off this water. Put cabbage on again with 1 pint boiling water. Boil very slowly with lid on till tender (20 minutes). Preserve the water for soups, etc.

Alternative method.

Shred cabbage and place in pan or casserole with coarser parts at bottom. Add a little water (1 cupful to the pound) and 1 oz. margarine, butter or dripping. Cover *tightly* and cook gently until soft on ring, or in oven.

N.B.—Other greens and root vegetables may be cooked in this way and will be found most nourishing and appetizing.

4. CODDLED EGGS.

Place eggs in boiling water. Cover pan. Withdraw pan from flame, so that water does not boil. Take eggs out after 6-8 minutes. (In this form the egg is more easily digested.)

5. CORNISH PASTY.

½ lb. raw or cooked meat.
2 potatoes (sliced or grated).
1 onion (grated).
1 carrot or turnip (grated).
½ teacup stock or water.
Seasoning.
½ lb. pastry.

Cut up meat very small. Roll out pastry. Place grated or sliced vegetables and other ingredients in the middle. Fold ends of pastry together and bake ¾ hour.

6. COTTAGE (CURD) CHEESE.

Let sour milk go solid. Put in muslin. Hang till whey drips and it is dry. Add chopped parsley and stir in a little butter or margarine.

7. HERRING.*

Put in boiling water and simmer for 4 minutes only, or all flavour will be boiled away.

8. LENTIL TURNOVERS.

½ lb. lentils (washed and soaked overnight).
1 onion (grated). 1 egg.
3 tablespoons grated cheese.

Cook all together till the consistency of peas pudding. Stir in beaten egg. Season and fold into pastry round, or serve as it is with green vegetables.

9. MUESLI.

The following uncooked fruit porridge, which under the name of "muesli" has won much popularity may, on any or every day replace raw fruit at breakfast or supper. Its inventor, the famous Swiss Doctor Bircher-Benner, considers it to be specially suitable for children. Its nutritive value is said to be identical with that of mother's milk, while an Italian medical

* "I am sorry that people do not eat more herrings."—H.M. The King, October 11th, 1937.

man has called it " sweet surprise ". It may be made of many kinds of fruit or berries, fresh or dried, but apple is the favourite. In flavour it resembles strawberries and cream, though, unlike these, it may be enjoyed all the year round. Stone fruit, e.g. plums, apricots or dried fruit should be put through a meat mincer, while berries should be mashed with a fork. For weight that of a good sized apple is taken.

N.B.—Muesli should be eaten at the beginning of the meal.

2 tablespoons "quick" oats. Sufficient water to moisten (or rolled oats soaked 12 hours).

Juice of lemon or orange.

2 tablespoons sweetened milk (Nestle's).

Pasteurized milk, " Ideal " (Nestle's), or cream, with honey, may be substituted.

4 medium-sized apples.

Grated or milled nuts.

Mix oats with the water. Add lemon or orange juice and milk, apples (washed and grated, including skin, core, pips and all).

Nuts may be sprinkled over the bowl, or added from a separate dish.

N.B.—The dish must be made immediately before serving. A suitable grater may be obtained from the Food Education Society.

10. OATCAKE.*

½ lb. oatmeal (medium Scotch).
½ teacup boiling water.
1 oz. butter or margarine or home dripping.

Melt butter or margarine or dripping in water and stir into the oatmeal. Knead for a few minutes. Roll out thinly into small cakes. Bake 15-20 minutes in rather hot oven on a hot but ungreased tin, or on a girdle 10 minutes on each side.

11. RICE AND CHEESE.

(Risotto, the popular Italian dish).

6 oz. rice (unpolished). Onions.
6 oz. cheese.

Slice and fry onions in stew-pan in a little fat. When brown add ¾ pint water and the rice, let it cook about an hour. Add grated or sliced cheese. Tomatoes may be included.

12. ROCK (or SALISBURY) CAKE.

¼ lb. wholemeal.
¼ lb. white flour.
¼ lb. fat.
¼ lb. currants.
¼ lb. sultanas.
1 oz. peel.
1½ teacups water.
1 teaspoon mixed spice.
1 teaspoon baking powder.
½ teaspoon bicarbonate soda.

* "We are great believers in herrings and oatcakes."—H.M. The Queen, October 11th, 1937.

Put fat, currants, sultanas, peel and spice in saucepan with the water. Boil 5 minutes. Pour into basin and cool. Add flour and baking powder gradually, beating all the time, then the soda dissolved in a dessert spoon warm water. Bake 1¼ hours in tin lined with greased paper. The mixture can be made into small cakes.

13. SANDWICHES.

Increased variety and food value may be given to the mid-day meal at school by the inclusion of sandwiches made with medium-sliced wholemeal bread, "scrunch" or oatcake, and the under-mentioned ingredients.

Grated cheese and tomatoes (sliced).
Egg (hard-boiled) and cress.
Grated or milled nuts with honey.
Dates (stoned).
Grated or thinly-sliced carrot and lettuce.
Tomatoes or cucumber (sliced) and cress.

Where bread is used the importance of thorough mastication must be urged.

14. SEMOLINA CHEESE.

6 oz. semolina. 1 pint milk.
½ lb. cheese. 1 egg.

Put milk on to boil with a good pint of water. When boiling drop in semolina.

Stir till it thickens. Grate or slice cheese and dissolve in the mixture. When cooked (10 minutes) take from the fire. Beat in the egg. Put in a dish and bake about ¾ hour. Should be quite firm. Instead of baking the same mixture may be cut in slices, dipped in egg and bread-crumbs and fried.

15. VEGETABLE HOT-POT.

½ lb dried haricot beans, onions, carrots and turnips, potatoes.

Soak beans overnight. Slice carrots and onions and fry in fat in a stew-pan. Add some water, boil and put in beans. Simmer about 1½ hours, add turnips and potatoes. Boil ½ hour. A little dried mint improves the flavour.

16. VEGETABLE SOUP.

2 onions.
1 carrot.
1 turnip.
1 lb. potatoes.
2 oz. fat.
2 gills milk.
1 tablespoon flour.
1½ pints vegetable stock or water.

Melt fat in saucepan. Stir in flour. Add stock and stir until boiling. Peel onions and turnip. Scrape carrot (do not peel). Mince all thoroughly and add to

soup. Cover and simmer about ¾ hour. Stir in milk and serve with grated cheese on top.

Suet dumplings made as under may be served with vegetable stew or soup.

¼ lb. wholemeal flour. 2 oz. breadcrumbs.
¼ lb. flour. 3 oz. grated suet.
½ teaspoon baking powder.

Mix ingredients to stiff paste with ½ teacup cold water. Form into small balls. Cook with stew or soup for 30 minutes.

17. VEGETABLE STEW.

3 cups mixed vegetables, diced.
3 tablespoons (3 oz.) dried peas, haricot beans or lentils.
2 tablespoons (2 oz.) rice, unpolished.
1 pint milk. 2 oz. fat.
2 cups or more water.

Wash and soak peas, beans or lentils overnight. The mixed vegetables might include any of the following: Carrots, turnips, leeks, parsnips, artichokes, swedes, etc. Fry grated onion gently in fat till golden brown. Add vegetables and other ingredients. Cover with water, taking care to add sufficient to prevent burning.

Stir occasionally. Cook gently till tender. When ready, add scalded milk.

N.B.—Numerous other valuable hints, as well as tasty and economical recipes, will be found in "Vegetable and Salad Dishes", 3d., the Society's most popular publication, which should be used in conjunction with this.

Quantities of this booklet may be had as under:

12	2s. 6d., post free	2s. 10d.
25	3s. 9d., "	4s. 3d.
50	7s. 6d., "	8s. 0d.
100	12s. 6d., "	13s. 0d.
1,000	£5, carriage paid.	

Special reductions for larger numbers

A complete list of publications, including set of five posters in three colours, particulars of lectures, cookery demonstrations, films, may be had on application, as well as information regarding the varied activities of the Food Education Society, conditions and advantages of membership, etc.

Headley Brothers, 109 Kingsway, London, W.C.2; and Ashford Kent

A correspondent writes:—*"Will you please send me 'Vegetable and Salad Dishes, 3d.'? I would like to say how much benefit we have derived from the little book 'Meals for Day-School Children'. I have a girl (14 years) who stays to lunch at work every day, and since having the meals given in your book she has gained four pounds in a month. Apart from the children, both my husband and I enjoy them. It is a comforting thought to know that they are all having a well-balanced meal. Thanking you . . ."*

Orders for this booklet include the following:

For 100 copies: National Council for Maternity and Child Welfare (Travelling Exhibition); Chingford M.O.H. (for sale at Infant Welfare Centres); Shropshire Federation of Women's Institutes.

For 50 copies: Hackney Public Health Committee; Winchester Education Committee; Malvern Infant Welfare Centre; Federation of Essex Women's Institutes; High School for Girls, Southport.

For 25 copies: Manchester, Salford and District Nursery School Association; Bognor Regis School Clinic; National Federation of Women's Institutes; South Park High School, Lincoln; County Secondary School, Sydenham; Stafford Girls' High School; Crediton Girls' High School; Nottinghamshire Federation of Women's Institutes.

Dr. Mary Anthony's recommendation in "News Chronicle" brought over 300 applications.